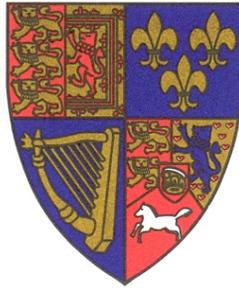


# King George County, Virginia



DEPARTMENT OF PARKS & RECREATION  
Located in the Citizen Center  
8076 Kings Highway  
P.O. Box 71  
King George, Va. 22485

Telephone: (540) 775-4386  
FAX: (540) 775-5255

## KING GEORGE PARKS AND RECREATION YOUTH SOCCER RULES GENERAL RULES AND REGULATIONS (revised April 26, 2016)

### **MISSION STATEMENT**

The mission of the King George County Parks & Recreation Youth Sports is to promote participation by all King George County residents in team and individual sports. Programs are designed to meet participant needs for physical activity, social interaction, skill development, and to have fun.

### **OBJECTIVES**

The objectives of King George County Parks & Recreation Youth Sports program are as follows:

- To offer these programs to fulfill the recreation needs and wants as a service to the community.
- To offer an equal amount of participation opportunities to both young men and women regardless of race, national origin, creed, religion, disability or socio-economic status, or any other legally protected class.
- To make these programs safe and enjoyable in an atmosphere that promotes learning and participation first and competition second.
- To have the best possible people volunteer as coaches and to thoroughly train them to do the best that they can.
- To demand from our coaches that those who need the most assistance are given it, rather than those who are already advanced.
- To expect that good sportsmanship and fair play are standard behaviors.
- To ensure that the child's participation is a worthwhile and positive life experience.

## **PHILOSOPHY OF YOUTH SPORTS**

King George County Parks & Recreation strongly believes in the benefits of participation in organized sports. Participation in sports has proven to build self-esteem, promote teamwork, develop the body as well as the mind and is an integral part of the maturation process. Therefore, the goal of KGP&R is to provide the program and venue for young people of all backgrounds to participate and enjoy a variety of recreational programs while maintaining a safe, wholesome environment.

King George County Parks & Recreation has embraced the philosophies set forth in “National Standards for Youth Sports,” a publication by the National Alliance for Youth Sports based on an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports. The following standards were established:

### **Standard #1 – Quality Sports Environment**

Youth sports programs must be developed and organized to ensure, as well as to enhance, the emotional, physical, social and educational well-being of children.

### **Standard # 2- Sports participation should be fun and a portion of a child’s life**

Youth sports are only one portion of a child’s life that must be balanced with other social and educational experience and activities.

### **Standard #3- Training and Accountability**

Adults involved with youth sports must receive training and important information about the program and must be held accountable for their behavior.

### **Standard #4- Screening Process**

To ensure the safety and well being of children in youth sports, individuals with regular, repetitive access or contact with children must complete the screening process.

### **Standard #5- Parents’ Commitment**

Parents/guardians must take an active and positive role in their child’s youth experiences.

### **Standard #6- Sportsmanship**

Everyone involved in youth sports programs should exhibit positive sportsmanship behavior at all times.

### **Standard #7- Safe Playing Environment**

Youth sports programs must provide safe playing facilities and equipment, healthful playing situations and proper first aid applications, should the need arise.

### **Standard #8- Equal Play Opportunity**

Parents, coaches and league administrators must provide equal play opportunity for all youth regardless of race, creed, sex, economic status or ability.

### **Standard #9- Drug, Tobacco, Alcohol and Performance Enhancer – Free Environment**

Parents, coaches, officials, fans players and administrators must be drug, tobacco, alcohol, and performance enhancer free at youth sports activities.

## ORGANIZATION

The King George County Department of Parks and Recreation shall be the sponsoring agent of the Youth Soccer Program. The Athletic Supervisor or his/her designated representatives shall be the executor of this program.

## RECREATION AGE DIVISIONS – Age control date: August 1, 2015

U6	Coed
U8	Coed
U10	Coed
U12	Coed
U16	Coed
U19	Coed

## EQUIPMENT

Uniforms will consist of jersey, shorts and socks provided by the parks and recreation department. Only uniforms supplied by the department can be worn. Players must wear the game jersey issued by their county parks and recreation department. Game jerseys may not be torn or cut. Lost or damaged jerseys may be re-ordered for an additional fee. The only shoes worn will be rubber molded soccer cleats, multipurpose cleats or tennis shoes. No shoes with toe cleats will be allowed.

Shin guards are mandatory. **All shin guards have to be completely cover by sock or stocking.** A player without shin guards will not be allowed to play. NO EXCEPTIONS will be made. Participants wearing glasses must secure them with eyeglass strap. Hard casts or hard splints of any material are considered illegal equipment. **Exception: Casts, splints or body braces made of a hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass unless covered on all exterior surfaces with no less than ½ inch thick, high density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties to protect an injury. A medical release for the injured player signed by a licensed medical physician shall be available at the game site. (Games in Caroline, casts are illegal equipment).**

All coaches will have a first aid kit for emergency first aid treatment at all practice sessions and regularly scheduled games. No jewelry will be worn.

## PLAYING RULES

### Divisions

U6	3 v 3	Game Ball #3
U8	4 v 4	Game Ball #3
U10	7 v 7	Game Ball #4
U12	8 v 8	<b>Game Ball #4</b>
U16	11 v 11	Game Ball #5
U19	11 v 11	Game Ball #5

Note: If program follows ages, age is determined by each respective park and recreation agency. \* = Teams have the option to play 11 v 11 if needed.

**FIELD SIZES:**

U6	60' x 90'
U8	85' x 115'
U10	135' x 180'
U12	165' x 240'
U16	195' x 360'
U19	195' x 360'

**GOAL SIZE**

4' x 6'
4' x 6'
6.5' x 18'
7' x 21'
8' x 24'
8 x 24'

Play will be according to the FIFA rules with the following exceptions noted.

**AGE GROUPS:**

U6 split game	4/eight minute quarters (Coaches to swap players at half time)
U8	4/twelve minute quarters
U10	2/ twenty four minute halves
U12	2/thirty minute halves
U16	2/thirty five minute halves
U19	<b>2/forty minute halves</b>

- Players are obligated to participate in a minimum of one practice per week.
- If a player misses practices or games without notifying the coach, or is being disciplined by a coach because of behavioral problems playing time can be limited to playing only half the recommended times.
- No practices will run longer than 9 PM.
- No slide tackling allowed (Except U19).
- Teams are not allowed to call time out.
- Grace period will be ten minutes for the first game of the day only. All other games will start at scheduled time or be forfeited.
- The referee is the authority on the field and his/her interpretation of the rules will be upheld. If a referee does not show up, the game will be rescheduled for a later date.
- In the event a game must be suspended because of conditions which make it impossible to continue play, the head referee shall declare it an official game if one complete half or more has been played. If less than one half of the game has been played, the game may be rescheduled.
- If an ineligible player is used, the game in question will be declared a forfeit.
- The parks and recreation department will reschedule rain out games when possible.
- Teams may play shorthanded. The coach of the shorthanded team has the option to play shorthanded or forfeit. If the coach decides to forfeit, players will divide into even teams and play a practice game.
- Substitutes must report to midfield touch line and be recognized by the referee prior to entering the field.
- Kickoffs and Goal kicks: Either team may substitute;
- Throw-in: Attacking team can substitute. If attacking team is substituting, then defending team may substitute.
- Injury: If match is stopped for an injury, player must leave the field. A replacement player may substitute in. If substituting for the injured player, the other team may substitute one player as well.
- U8 do not have Penalty Kicks. All fouls from inside the penalty area will result in an indirect free kick (IDK).
- **U6, Continuous Play**
- **U8, Kick-Ins, (No Throw Ins)**

- **NEW** (February 23, 2016) Players in U10 and under shall not engage in heading the ball in either practices or games. U12 players must be limited to a maximum of 30 minutes per week of heading training with no more than 15-20 headers taken per player, per week.
  - When a player in U10 and below deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue uninterrupted.
- **NEW** (April 26, 2016) Mercy Rule-In the U10 and U12 leagues, any team that is ahead by 6 or more goals must remove the goalie from the field, and thus play down a player. An additional player is removed from the leading team for every additional goal that creates a point differential greater than 6. Players may return to the field based on the current point differential at the time of the next kick-off. If the point different reaches 10, the game will be declared completed.
  - Example scenario-Team A scores its 6<sup>th</sup> goal. Team A then removes the goalie from the field before the next kick-off. Team A scores its 7<sup>th</sup> goal. Team A then removes an additional player from the field before the next kickoff. Team B scores its 1<sup>st</sup> goal. Team A can now add a player back to the field before the next kick-off. Team B scores its 2<sup>nd</sup> goal. Team A can now reinstate the goalie before the next kick-off.

## **FIELD CONDUCT**

1. All coaches, parents and spectators must remain off the field during the game. **The referee will give permission to persons entering the field.**
2. Parents and spectators must stay behind the spectator's line, which is located 5 feet off the field of play.
3. Coaches must coach from the touchline and may not go beyond the mid field line. (U6 & U8 Coaches are allowed on the field).
4. **No one** is allowed to stand behind the goal or behind the end line while the game is in progress.
5. All parents/spectators must sit opposite of teams playing.
6. No weapons of any kind, illegal substances, alcohol, vaping, and tobacco use.
7. All dogs must be kept on leashes, and any waste must be disposed of by owner.

## **PROTESTS**

Protests are not allowed in the Youth Soccer League Program unless there is a question of player eligibility. Any coach who makes a protest must make it known to the official that he is protesting. He must report the player's number and team name to the official.

No overtime will be played during regular season. Games may end in a tie.

Teams may play shorthanded. The coach of the shorthanded team has the option to play shorthanded or forfeit. If the coach decides to forfeit, players that are present may divide into even teams and play a practice game.

Coaches may not add players to their team, however they can refer anyone interested to their parks and recreation department for final permission and appropriate administrative action.

## **COACH'S DUTIES**

1. Each team is allowed two (2) coaches, one (1) head coach and one (1) assistant. All coaches must be approved by the parks and recreation department of the respective locality and must have completed and passed a background check.

2. Insure that all equipment issued to him/her by the parks and recreation department is safeguarded and maintained, and that he/she is directly responsible for the return of all equipment to the department.
3. Insure that proper conduct is maintained among the team at all time.
4. Have a minimum of one team/parents meeting to explain rules, philosophies, bylaws and parental expectations. ***(This meeting will to be at the first practice).***
5. A soccer coach shall be sure his/her behavior sets a good example for the players on the team. The coach shall not criticize players in front of spectators, but reserve constructive criticism for private or in the presence of the team so all may benefit.
6. Accept the decision of the officials on the field as being fair and called to the best of their ability.
7. Do not criticize the opposing team, its coaches or fans by word, gesture or by encouraging fans to do so.
8. Do not allow a player to re-enter any game if injured.
9. Abide by the doctor's decision in all matters of a player's health and injuries. If a player is injured in a game or practice, they must give their coaches a doctor's excuse before playing or practicing again.
10. Make sure that proper practices are conducted and that a minimum of one and a maximum of three per week are conducted.
11. Coaches must report any injuries to the parks and recreation department immediately upon his or her awareness of the injury.
12. We stress that you ***encourage maximum participation*** by letting participants ***experience a variety of positions*** and involving them in making decisions.
13. All head coaches and assistant coaches must be certified by the ***National Youth Sports Coaches Association and complete a Criminal Background Check.***
14. Coaches must apply proper principles of conditioning and nutrition.
15. Coaches must demonstrate sportsmanship and not allow excessive score domination.
16. All coaches must pledge their commitment to provide an enjoyable, healthy youth sports experience by signing a Coaches Code of Ethics.
17. If a player misses practices or games without notifying the coach or is being disciplined by a coach because of behavioral problems playing time can be limited to playing only half the recommended time. ***Please inform the parents and player before the next schedule game is scheduled to be played.***
18. If a coach is ejected from a game, he/she must leave the premises at once and will be immediately suspended from coaching until reinstated by the parks and recreation department in the locality he represents.
19. All coaches must abide by all rules, regulations and bylaws as set forth by the parks and recreation department and those not covered by the league that are officially published by the FIFA Soccer Rules.

### **UNSPORTSMAN AND UNACCEPTABLE BEHAVIOR**

1. The Director, Athletic Supervisor, Program Supervisor and the Game Officials have the authority to eject any player, coach or spectator from the premises for unsportsmanlike conduct. Any player or coach ejected is prohibited from further participation until he/she is reinstated by the department.
2. Parents must be a positive role model exhibiting sportsmanlike behavior at games and practices.
3. The use of alcohol, tobacco and other illegal substances by coaches, players or spectators will not be tolerated at games or practices. Anyone under the influence of alcohol or illegal substances will be ejected from the premises by the program supervisor.
4. Any player, coach or spectator guilty of striking an official in any manner during or after a game shall automatically be suspended indefinitely from participation in all leagues.

5. If a coach is ejected from a game he/she must leave the premises at once and will be immediately suspended indefinitely from coaching until reinstated. If a coach does not leave, the game will be forfeited.
6. If a player is ejected from a game he/she must remain on the bench under strict supervision of the coach or assistant coach. The player will be suspended for the next game.
7. A coach, player, substitute, or team follower shall not commit an unsportsmanlike foul. These fouls are listed.
  - Disrespectfully addressing an official.
  - Attempt to influence the official's decision.
  - Use of profanity.
  - Disrespectfully addressing and taunting an opponent.
  - Object to an official's decision by rising from the bench and using gestures.
  - Incite undesirable crowd reactions.
  - Go on the field of play during the game.
8. The penalty for violating any part of Rule #7 shall be removal from the premises.
9. Only authorized coaches and assistants may occupy the player bench area in addition to the uniformed players.
10. Any participant who is suspended or expelled from school will not be allowed to participate until readmitted to school.

### **INCLEMENT WEATHER**

1. Cancellations due to inclement weather will be announced on KG Alert, [www.kinggeorge.recdesk.com](http://www.kinggeorge.recdesk.com) or by calling the department after hours and weekends at 540-775-4386 ext. 110. Please listen for the announcements. If weather conditions are questionable and you do not hear a cancellation announcement or get a call from your coach, you should report for your game.
2. Coaches will be notified when cancellations occur and they will call you.
3. The Department of Parks and Recreation reserves the right to arrange postponed games at its convenience. The department also reserves the right to cancel games if necessary due to conditions beyond our control.

### **TIES FOR TOURNAMENT PLAY**

If the score is tied at the end of regulation play, two (2) five minute overtime periods will be played. At the end of the first five minute period, play will stop, the teams will change ends of the field and play will be resumed by a kickoff. There will be a two (2) minute interval between periods.

If the score is still tied at the end of the second five minute period, there will be a penalty kick shoot-out. Each coach will select five players from his/her team. The referee will select which goal will be used. The referee will toss a coin. The winner of the toss will select whether to kick or defend first. Each of the five players from each team will attempt a penalty kick, alternately one from team A and one from team B.

If the game is still tied each coach will select five more players and the penalty kick procedure will be repeated except that it will be a Sudden Death (i.e. If team A scored team B will have a chance to shoot. If team B scores, the procedure continues. If team B does not score, the game is over and team A wins.)

If each of the second group of five players from each team has had a turn and the score is still tied, the first five players return and all ten from each team continue to shoot alternately until the tie is broken.